

**MORALE, WELFARE AND RECREATION DEPARTMENT**  
**Naval Support Activity Monterey**  
**Monterey, CA 93943**

(831) 656-2502; Fax 656-3677; website [www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)

5420/8  
Code 225  
15 December 2004

From: Quality of Life Director  
To: Distribution

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION (MWR)  
ADVISORY BOARD MEETING OF 3 NOVEMBER 2004

Ref: (a) NAVPGSCOLINST 1700.2B

1. In accordance with reference (a), the MWR Advisory Board Meeting commenced at 1007 on Wednesday, 3 November 2004, in the La Novia Room, Herrmann Hall, Naval Postgraduate School (NPS).

2. Members and Guests Present

<u>Name</u>	<u>Title &amp; Organization</u>	<u>Email Address</u>
James Thomas	Quality of Life Director/MWR	<a href="mailto:jrthomas@nps.edu">jrthomas@nps.edu</a>
Darlene Raish	Leisure Services Manager/MWR	<a href="mailto:drraish@nps.edu">drraish@nps.edu</a>
Megan Ryan	Child and Youth Services Director/MWR	<a href="mailto:mdryan@nps.edu">mdryan@nps.edu</a>
Dave Stockly	Golf Course/RV Campground Manager/MWR	<a href="mailto:dstockly@nps.edu">dstockly@nps.edu</a>
Loy Vincent	Fitness Center Manager/MWR	<a href="mailto:lvincent@nps.edu">lvincent@nps.edu</a>
Terry Siegrist	Director of Outdoor Recreation, DCA-POM	<a href="mailto:Terry.siegrist@Monterey.army.mil">Terry.siegrist@Monterey.army.mil</a>
Simon Lupton	General Manager/NEX	<a href="mailto:Nex_Monterey-gm@nexnet.navy.mil">Nex Monterey-gm@nexnet.navy.mil</a>
RP1 Lucy King	LPO, Command Religious Program/NPS	<a href="mailto:llking@nps.edu">llking@nps.edu</a>
Mary Jo McDonough	International Activities Coordinator/DRMI	<a href="mailto:mjmc dono@nps.edu">mjmc dono@nps.edu</a>
AGCM Arthur Deicke	Command Master Chief/FNMOC	<a href="mailto:Art.deicke@fnmoc.navy.mil">Art.deicke@fnmoc.navy.mil</a>
Ed Kloth	Fleet Reserve Association	<a href="mailto:lored@mbay.net">lored@mbay.net</a>
LCDR Nick Vincent	Superintendent's Student Council	<a href="mailto:davincen@nps.edu">davincen@nps.edu</a>
Paddy McGrath	Monterey Navy Flying Club Manager/MWR	<a href="mailto:pmcgrath@nps.edu">pmcgrath@nps.edu</a>

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

3. Mr. Thomas asked the members to introduce themselves and then briefly explained the purpose of the MWR Advisory Board meetings is to exchange ideas and information with our patrons. Mr. Thomas asked for a motion to approve the minutes from the last meeting. Ms. McGrath made a motion to approve the minutes as written, and Mr. Lupton seconded.

4. Old Business. None.

5. Activity Updates

a. Club Del Monte, Mr. Thomas, Quality of Life Director

- El Prado Dining Room Renovation to Begin in December. Renovation includes new equipment, furniture, carpeting, pictures and lighting. Breakfast and lunch will temporarily be served in the ballroom during the renovation. Dinner will be served in the Trident Room.
- Thanksgiving Day Brunch, Thursday, 25 November, Barbara McNitt Ballroom. Variety of fresh salads, waffle station, omelet station, assorted breakfast meats, Cheese Blintz, scrambled eggs, carving station, variety of entrees, fresh seafood on ice, assorted desserts. Adults \$19.50; children 5 - 10 \$11.50; under 5 free.
- November Weekly Dinner Specials; El Prado Dining Room
  - Monday. Fresh seafood Cioppino served with fresh Caesar salad and garlic bread; adults \$9.50, children 5 - 10 \$4.75.
  - Tuesday. Slow roasted prime rib with Aus jus with horse radish, baked potato & sour cream and chef's choice dessert; \$13.00.
  - Wednesday. Sliced roast of pork served with Duchesse potatoes and fresh vegetables; adults \$8.50, children 5 - 10 \$4.00.
  - Thursday. Family Night: Fresh roasted tom turkey with giblet dressing and gravy served with yams and fresh vegetables; adults \$8.50, children ages 5 - 10 \$4.00.
  - Friday. Sautéed Scallops Newburg served with linguini and fresh vegetables; adults \$9.50, children ages 5 - 10 \$4.50.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY BOARD MEETING OF 3 NOVEMBER 2004

- December Weekly Dinner Specials, Trident Room

Monday. Fresh seafood Cioppino with shrimp, calamari, crab and mussels, served with fresh Caesar salad and garlic bread; adults \$9.50, children 5 - 10 \$4.75.

Tuesday. Slow roasted prime rib with Aus jus accompanied with horse radish, baked potato & sour cream and chef's choice dessert; \$13.00.

Wednesday. Baked mustard and honey glazed fresh ham with scalloped potatoes and fresh vegetables; adults \$8.50, children ages 5 - 10 \$4.00.

Thursday. Beef stew served with rice pilaf; adults \$7.50, children ages 5 - 10 \$4.00.

Friday. Stuffed salmon with crabmeat with chardonnay cream sauce served with Anna potatoes and fresh vegetables; adults \$11.00, children ages 5 - 10 \$5.00.

*The above dinner specials are served from 4 - 9 p.m.  
For more information, please call 656-2170.*

b. Leisure Services Division, Ms. Raish

(1) Amy Caudillo, our ITT/Liberty/Community Events Manager, is leaving MWR; her last day will be Friday. Because of the demanding responsibilities of handling several programs, we felt we needed to establish two separate positions. We have hired Robert McGregor as the ITT Manager and Rachel Sierpien as the Community Activities Manager (Liberty, Movies, Community Events Programs).

Mr. Thomas. In FY04 we had a 28 percent budget cut, which caused us to merge these two positions into one. It hit the Single Sailor Program hard. With the reestablishment of the two positions, we should see improvements in the Single Sailor, ITT and Community Events Programs as they were in FY03.

(1) Blue Water Cove Marina. Working on the dock renovation project. Also working on concessionaire contract, which was delayed due to our changing to the Region.

Mr. Thomas. Due to the recent changes in the Navy because there are no longer Appropriated Funds for sailing programs, the NPSSA has had to develop ideas to keep the sailing program available. We are working on setting up a concessionaire so we can maintain sailing with good discounts for our MWR patrons. Approval by the City was granted, but we are still working through more details.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

(2) Monterey Bay Athletic Center (MBAC)

(c) Sports, Ms. Raish

Turkey Trot

When: Friday, 19 November

Location: MBAC

Details: Race starts at 3 p.m., please arrive by  
2:30 p.m.

Army Vs. Navy Events (All games are at 6 p.m.).

Players will play on team in accordance with the  
command they are assigned to; e.g., NPS staff  
will play on Navy team, DLI staff will play on  
Army team.

Event: Soccer Game--NPS vs. DLI

When: Wednesday, 1 December

Location: DLI Hilltop Field

Event: Softball Game--Army vs. Navy

When: Thursday, 2 December

Location: NPS

Event: Football Game--Army vs. Navy

When: Friday, 3 December

Location: DLI Hilltop Field

*For more information, call Sue at 656-2497.*

(b) Fitness, Mr. Vincent.

(1) Fitness Center has extended hours; now open  
Saturdays from 8 a.m. to 4 p.m., and Sundays from 11 a.m. to 4  
p.m.

(2) Discussed the confusion patrons have had  
regarding the name of the Fitness Center. He proposed that the  
name be change to NPS Fitness Center.

Mr. Thomas noted. MWR Department is now part  
of the Naval Support Activity Monterey vice NPS. We'll have to  
consider changing name very carefully since signs, etc., would  
have to be changed.

(3) Have had problem with towels disappearing;  
implemented new procedures to help solve the problem.



Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

(4) Converting excess lockers to full-length lockers; should be completed by January 2005. A lottery will be conducted to issue them out; will be only for commuters who are biking to NPS.

(5) Planning to set up a circuit room at the end of the men's locker room; equipment has been purchased.

#### Weight Lifting Contest

Power Lift (bench, dead-lift & squat) or Bench Press only. This event is for men and women. Novice lifters are welcome. Specially designed t-shirts for all participants. Awards: First, second & third place medals (ten different weight classes) and Over-all champion trophies.

When: Friday, 10 December

Time: 1:30 - 4:00 p.m.

Cost: \$13.00 military; \$15.00 DOD civilian

#### YOGA is back--Starts 13 October

Enhance your concentration and balance your existing workout with proper stretching. Your instructor will be Jenny Watson; she is certified to teach Ashtanga Vinyasa Yoga.

When: Mondays & Wednesdays from 9 - 10 a.m. and  
Tuesdays from 6:30 - 7:30 a.m.

Cost: Twelve monthly classes, \$45/month, or  
\$12/week or \$5/day for all members

#### Executive Bootcamp Program

Learn exactly how to workout, and then do the workout on your own schedule. Ten week weight loss - strength training class (lecture only). Class meets every Thursday at the NPS Fitness Center for cardiovascular & weight training or nutrition education. Note: A Registered Dietitian will teach the nutrition portion of this class. Body fat measurements will be taken at the beginning and at the end of the ten weeks. IF you lose an agreed amount of body fat, participants get half the entry fee back.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

When: 13 January - 17 March  
Time: Thursdays, 11 a.m. - 12 p.m.  
Cost: \$25 Military; \$35 DOD civilian

Fitness Instructional/Educational Classes

When: Thursday, 27 January - Cardiovascular  
Training; Thursday, 3 February - Strength  
Training Techniques  
Time: 11 a.m. - 12 p.m.  
Cost: Free to members

***\*\* Look for our NEW Computerized Physical  
Assessment Evaluations, coming in the Winter.***

(3) Information, Tickets and Tours (ITT)/Liberty/Community Events/Movies, Ms. Raish

(a) ITT

Coupons for Denney's. Coupons available at ITT--  
receive one free entrée of equal or lesser value  
with the purchase of an entrée; good at Denney's  
located on Fremont Street, Monterey.

Christmas Stocking Stuffers and Gift Ideas. With  
Christmas just around the corner, ITT has great  
stocking stuffers and gift ideas. Some ideas  
are: Entertainment Books \$20, Gift Check Books  
\$10, Sees Candies \$10.50 per lb., United Artist  
Theater Tickets \$6.00, NPS License Plate Frames  
\$9.00

2005 Entertainment Books Now Available. We will  
only have them for a limited time; so don't wait  
to get this great book of coupons. For \$20.00  
you get a book full of coupons to use at local  
stores, restaurants and more!

9-11 Commemorative Ornaments. Available at the  
ITT Office for only \$12.00. Portions of the  
proceeds go to the Pentagon Relief Fund.

Tours

06 Nov	San Francisco Get Acquainted	\$23
13 Nov	Hockey-Sharks vs. Canucks	\$40
21 Nov	Football-Raiders vs. Chargers	\$70

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

26-27 Nov	Reno Tour	\$155
05 Dec	Raiders vs. Kansas City	\$70
11 Dec	Hockey Sharks vs. Hurricanes	\$40
18 Dec	Christmas Shopping-Union Square	\$23
	San Francisco	

**Lift Tickets for Area Ski Resorts.** Ski Season is here and the ITT Office has your lift tickets for area ski resorts: Alpine Meadows, Heavenly, Kirkwood, Northstar, Sierra, Mt. Rose, and Squaw Valley.

**Armed Forces Vacation Club.** How would you like to spend a week vacation and only spend \$249 for the condo? With Armed Forces Vacation Club you can. For \$249 per week the Armed Forces Vacation Club offers condo unit rentals at \$249 per week at selected resorts located all around the world. Stop by ITT for more information or go to: [www.afvclub.com](http://www.afvclub.com)

**Amusement Park Hours.** With winter coming, the Amusement Park hours of operation are often reduced. Please check with ITT before going on you trip regarding the park's operating schedule.

(b) Community Events

**Turkey Bowling is Back!** Turkey's will be sliding down the halls of Herrmann Hall in this hilarious event. See how many pins you can knock down with a turkey. This is great fun you don't want to miss out on. There will be prizes for the people who knock down the most pins. Meet us Friday, 19<sup>th</sup> of November at 5 p.m. in the Trident bar.

**Army Vs. Navy Events.** It's that time of year again when the Army and Navy square off in football. We are having our own Army/Navy sports battle here at NPS with DLI. Wednesday, 1 December, we square off in soccer at the Le Mesa field; Thursday, 2 December, is a softball game at NPS; and Friday, 3 December, we meet on the turf for football at DLI. There will be a tailgate party Thursday after the softball game in the Trident bar. Saturday, 4 December, is the actual televised Army vs. Navy football game. We will have the Trident Bar and La Novia Room open

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

with the big screen televisions to see all the action as we cheer Navy on to a win. Go Navy, Beat Army!!

(c) Liberty

Tree Trimming. We are trimming the tree in the Enlisted Barracks for Christmas. Meet in the Barrack's living room on Wednesday, 8 December at 6 p.m. We will have food and fun as we deck the halls.....Fa La La La La.

(4) Monterey Navy Flying Club, Ms. McGrath. Now is a great time to take advantage of the pilot cost share program; you can now view the whales along the coast. DLI is now assisting us with advertising our program; has increased our DLI patronage significantly.

c. Golf Course/RV Park Division, Mr. Stockly

(a) Blood Drive scheduled for Saturday, 11 December. Everyone who donates blood will receive a coupon for a walking-round of golf or a free golf lesson.

(b) Golf cars are on a new quarterly maintenance schedule. Club Car technician comes once a quarter to maintain cars.

(c) Plan to enlarge some bunkers on the back nine during the winter months. Going to start with hole 16.

(d) Demo Day's on Saturday. Plans for a Ping fitting system and a Mizuno system are in the works Saturday, 9 a.m. - 1 p.m.

Mr. Thomas. The intent to lease the golf course to private industry to generate funds to maintain Herrmann Hall will no longer be pursued per RADM Bettancourt, NRSW, during his recent visit to NPS.

d. Child Development and Youth Division, Ms. Ryan

- Child Development Center Holiday Hours

Thursday, 25 November: Closed

Friday, 26 November: Closed (Fees will be prorated)

Thursday, 11 November: Closed

Friday, 24-31 December: Closed (Fees will be prorated)

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

- Tech Connection Holiday Hours

Thursday, 25 November: Closed (Fees will be prorated)

Friday, 26 November: Closed (Fees will be prorated)

Thursday, 11 November: Closed

Friday, 24-31 December: Closed

- Tech Connection

Parent's Night Out; Santa's Work Shop

When: 10 December, 6:30-11:30 p.m.

Cost: Free

Registration: Monday, 29 November-Friday, 3 December

Open for ages 6-17 years. Open for the first 75 Children. Parents take some time off and start on your Christmas list. Registration times are from 3:30-5:30 p.m. only at the Tech Connection.

- Teen & Youth Sports

Basketball. (Open for Ages: 6-7; 8-9; 10-11; 12-14)

When: Games are played on Saturdays

Registration: 18 October - 12 November

Cost: \$40.00; military and DOD family members only; includes shirt, medal and banquet

Skill

Assessment: Ages 10-11; 16 November, 4:30-5:30 p.m.;  
Ages 12-14; 17 November, 4:30-5:30 p.m.;  
at the Tech Connection

Coaches Mandatory Meeting will be on Thursday, 18 November; 6:30 p.m., at the Tech Connection: We are looking for coaches. For more information contact teen & youth sports coordinator Steve Duran at: [sjduran@nps.edu](mailto:sjduran@nps.edu) or call 656-2127

Basketball Camp. Skills, Basics, Offense, Defense, Team Drills, Scrimmage Sportsmanship for ages 6yrs - 14 yrs

When: Saturday, 4 December, 9 a.m.-1 p.m.

Location: NPS Gym

Cost: \$10.00 (T-shirt included) (Please Pack a lunch)

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

Sign Up: At Tech Connection by Monday, 15 November

*For more information contact Steve Duran at 656-2127.*

6. NEX, Mr. Lupton

a. We recently hired a replacement to provide smog certificate service at the NEX gas station. We will have short break in service while until he is certified.

b. NEX gas station is open 24 hours a day.

c. NEX holiday gift cards available for increments of \$5 to \$1,500. Cards are rechargeable.

d. We have four barbers at our barbershop and are now open Monday through Friday, 7:30 a.m. to 5:30 p.m., and on Saturdays from 9 a.m. to 3 p.m. and are back to taking appointments.

7. Directorate of Community Activities, MWR-DLI, Mr. Siegrist

a. Distributed current Outdoor Recreation booklet and ski packet.

b. Within next three months we hope to be able to take reservations on-line at our website.

c. We recently purchased two new charter buses.

8. MWR Facilities, Mr. Thomas

a. RADM Bettancourt decided during recent visit to NPS not to convert the NPS ball field into a parking lot.

Ms. Raish commented. Discussed possibility of requesting a project to replace outfield due to poor condition. Cost would be about \$25K.

b. Working on plans to repair rear elevators in Herrmann Hall, which are used a lot for our catered events.

c. Installing an awning around the Del Monte Cafe today.

9. New Business

a. Ms. Raish. We will be resurfacing the aerobics and racquetball courts and gymnasium floors at the fitness center

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 3 NOVEMBER 2004

beginning approximately 13 December and will be completed in  
about two weeks.

10. With no other items from the members, Mr. Thomas thanked  
everyone for attending and adjourned the meeting at 1103. The  
next meeting is scheduled on Wednesday, 5 January 2005, at 10  
a.m. in the La Novia Room, Herrmann Hall, NPS. NPS and tenant  
commands are invited to send a representative.



JAMES R. THOMAS

Distribution:

[http://www.mwr.nps.navy.mil/advisory/content\\_advisory.htm](http://www.mwr.nps.navy.mil/advisory/content_advisory.htm)

Copy to:

Advisory Board Members

Officer Students Spouses' Club (OSSC)

Military Officers Association of America (MOAA)

Superintendent's Student Council (SSC)

Monterey Pines Golf Association

Navy Monterey Golf Association

Naval Postgraduate School Sailing Association (NPSSA)

Fleet Reserve Association (FRA)